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Wanted in T.O.: Women cyclists. Page 3

Battle for youth vote goes to Twitter

Politics. Study shows 47% of younger voters had their minds changed due to social media site

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

The GTA is shaping up to be a key battleground in the upcoming federal election, but when Toronto tweeters see those politicians and partisans fill their feeds, will it change their votes?

It just might.

Twitter is planning to study how Canadian users engage in politics during the next federal election, and, based on the results of a recent U.K. survey, expects to find the platform is a good spot for winning hearts and changing minds.

The study conducted for Twitter showed 34 per cent of people 18 to 34 said their intended vote has changed from one party to another based on something posted to Twitter. Almost half — 47 per cent — said they reconsidered their views on a specific issue because of Twitter.

Steve Ladurantaye, Twitter's head of Canadian news and government partnerships, expects Canadian results to be similar to those in the U.K. because voters in both places are having the same conversations on social media.

"I think this does show that there is more wiggle room than some people think," he said. "There's room to change your mind, there's room to be persuaded and there's room to be won over."

University of Guelph professor Tamara Small is skeptical about the real impact.

Small, who studies the role of Internet and new information technology in Canadian politics, said Twitter's results are interesting, but she doubts the platform will make a difference in the election outcome.

Even if minds are changing via Twitter, "the impact on the overall vote would be minimal," she said.

Her research found that in 2014, only about 20 per cent of Canadians used Twitter at least once a month, and most of those weren't very politically involved.

Only four per cent of Canadians follow "a political actor" on Twitter, and only three per cent said they'd written a political tweet, she said.

Intentions vs. actions

Professor Small said the Twitter survey is focused on voter intentions — so even though people said a Twitter conversation made them think about voting differently, there's no way to know if they ultimately did.

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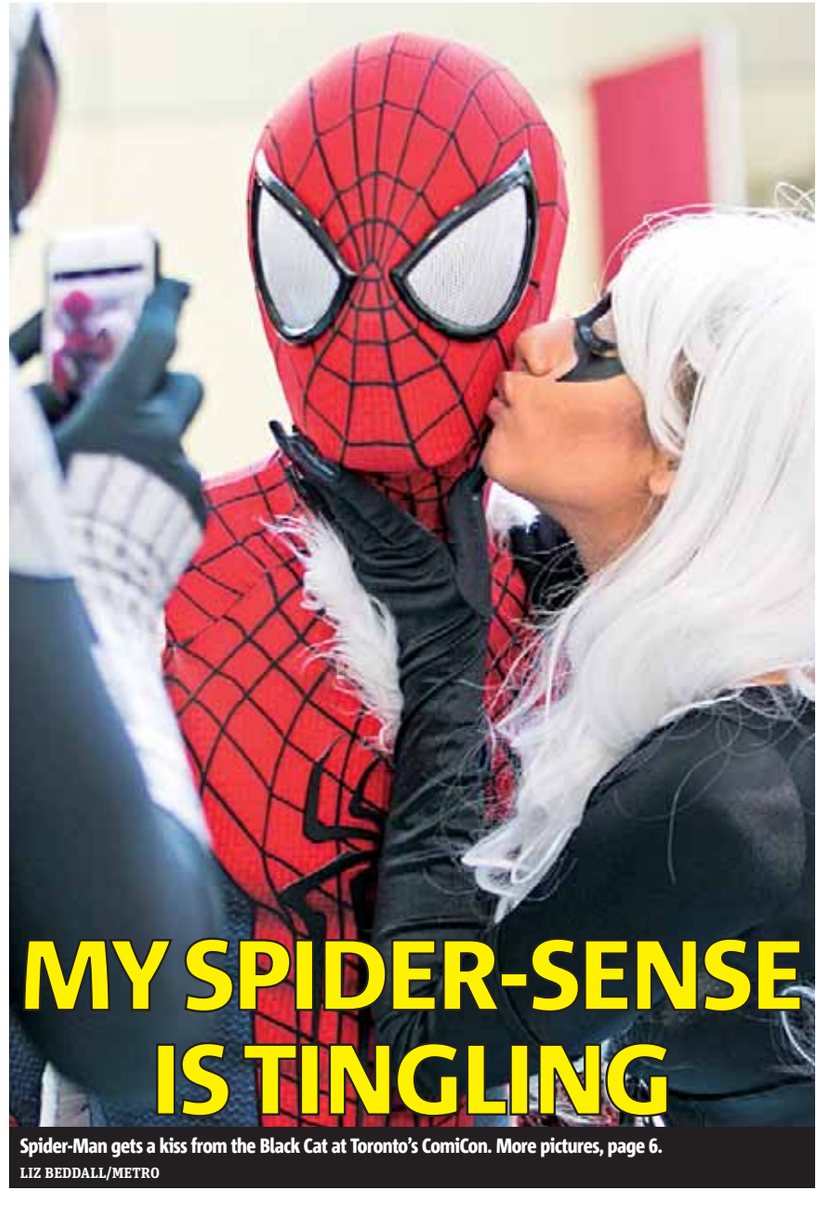

MY SPIDER-SENSE IS TINGLING

Spider-Man gets a kiss from the Black Cat at Toronto's ComiCon. More pictures, page 6.
LIZ BEDDALL/METRO

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Labour

Vote result to decide strike's fate at U of T

The University of Toronto will know on Monday if teaching assistants will resume work or continue with their strike.

The university and the union's bargaining team had reached a tentative deal last week, but it was put to a ratification vote over the weekend following an apparent divide among the teaching assistants and their bargaining team.

The new deal would raise the funding package for teaching and graduate assistants from $15,000 to $17,500 a year. The funds hadn't been changed since 2008.

In a statement, the university's office of the vice-president and provost said it was "very pleased" that the ratification vote was taking place in an effort to reach an understanding and end the standoff that's almost a month old.

Members of CUPE 3902 held a massive rally on Saturday in downtown Toronto with their counterparts from York University.

CUPE 3903, the union representing striking workers at York, is planning a general membership meeting next Thursday to discuss the strike's next steps, according to union's website.

GILBERT NGABO/METRO

Toronto's new cycling manager Jacquelyn Hayward Gulati says part of her mission is to make biking more accessible to women. LIZ BEDDALL/METRO

Women on wheels are key to success

Biking. City's cycling manager says safer infrastructure will help close gender gap

LUKE SIMCOE
luke.simcoe@metronews.ca

Toronto's new cycling manager will measure her success, in part, by how many women she sees pedalling around the city.

Like many urban centres, Toronto has a cycling gender gap. In 2006, two-thirds of Torontonians who cycled to work were men.

The gap is narrowing — more recent data from 2009 shows 43 per cent of cyclists are women — but Jacquelyn Hayward Gulati wants it closed.

"We want to build a city where cycling is a choice for women," said Gulati, who took over the handlebars of the city's cycling department earlier this year.

Gulati believes the solution is simple: Make cycling safer for everyone and you'll see more women on two wheels.

"It's a real generalization, but women tend to be more risk averse and appreciate higher-quality facilities," she said.

Quoted

"A supportive cycling culture is one where you can just ride from where you are to where you need to go in a way that's comfortable."

Jacquelyn Hayward Gulati, Toronto's manager of cycling infrastructure

A 2013 study out of Ohio University showed women were more sensitive to the absence of dedicated bike lanes or trails than men. It's a thesis that's at least anecdotally evident in Toronto — areas of the city that have the highest percentage of female riders tend to have dedicated cycling infrastructure.

On a street like Harbord, where the bike lane is wide and separated in places, it's not uncommon to see as many women pedalling as men, said Jared Kolb, director of Cycle Toronto.

"We tend to think of women as the indicator species for cycling," Kolb said. "When a lot of women are riding on a given street, when it reaches parity, typically that street is safer for cyclists overall."

Gulati agrees.

"I love riding on Harbord," she said.

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TreeMobile project in spring bloom

Environment. Green initiative encourages communities to grow fresh produce-bearing trees to make full use of their yards

GILBERT NGABO
gilbert.ngabo@metronews.ca

Spring has sprung and TreeMobile wants people in Toronto to grow the best out of their yards.

They're not talking about just your average flowers and trees. The volunteer-run project is on a mission to help people grow their own fruit and other foods by delivering affordable plants to yards.

"With all the food scandals, if you grow it yourself, you can trust it," said Virginie Gysel, a landscape designer who started TreeMobile in 2011. The group started by selling, among other things, fruit trees in Guelph. Products started coming to Toronto last year, and interest from local communities is still growing, Gysel said.

This year, TreeMobile launched a grant program that will award fruit trees and edible plants, along with training for how to care of them, to schools and community gardens.

In an urban area like Toronto where houses are crowded together, Gysel can still see a lot of empty spaces big enough to sustain growth.

"I go into people's backyards, and all I see is just grass," she said. "There's enough space. People can grow strawberries on the balconies of their apartments."

Gysel emphasizes the importance of adopting the initiative by saying the price of a plant can save a lot of money for years to come.

"It's a great investment," she said. "And if your neighbour plants something different, then you can share it."

By the numbers

According to TreeMobile, over the last several years the project has experienced some successes in their push for Torontonians to make the most of their yard space.

- **2,170.** Trees and plants sold since 2011 between Guelph and Toronto.
- **120.** Shrubs and perennials sold in Toronto last year.
- **25.** Trees sold in Toronto in 2014.
- **200.** Berries and perennials donated in Toronto and Guelph last year.

Virginie Gysel prunes a tree that she and her husband planted last year on their wedding day at St. Saviour's Church near Main and Gerrard streets.
LIZ BEDDALL/METRO

Crime

Suspect arrested for Bloor knifing

Police have arrested a suspect after a 25-year-old man was stabbed early Sunday morning near Bloor and Bathurst streets. The suspect faces multiple assault and drug charges and was due in court late Sunday.
TORSTAR NEWS SERVICE

Shooting

Etobicoke teen fatally shot

A 17-year-old boy is dead after a shooting incident in the city's west end.

It happened at a highrise building on Willowridge Road around 2 a.m. Saturday.

Police say the victim had no vital signs when he was taken to hospital and was pronounced dead shortly after arrival.

They have identified the boy as Trevor Seraphine and are asking for the public's help with their investigation.
THE CANADIAN PRESS

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Comic fever grips fans at annual spring con

Toronto ComiCon wrapped this Sunday after a three-day whirlwind of costumes, comic books, meet-n-greets and mayhem. More than 30,000 people descended upon the Metro Toronto Convention Centre for the event, which brought with it celebrities including Karen Gillan, Chad Coleman and Shannen Doherty, and organizations such as Ontario's Ghostbusters Club and the Horror Writers Association. Iron Man, Wolverine and Deadpool were among the many animated characters depicted by attendees, young and old.

LIZ BEDDALL/METRO

City postpones evictions at St. Lawrence Market

Economy. Vendors unsure what the city has planned for their market spaces once they vacate in June

The city has postponed the eviction of several St. Lawrence Market craft vendors until June, but the vendors say it's unfair they're being shut down before the Pan Am Games.

Last week, the city announced that the Market Cart Program, which was slated for indefinite suspension April 1 is being extended two months.

The program is made up of around 40 participants, who peddle artisan clothing, crafts and music outdoors and in the basement of the south market. The decision to suspend it, according to city spokeswoman Natasha Hinds Fitzsimmins, is due to "space constraints" at a temporary structure that will be set up on The Esplanade to accommodate displaced farmers from the north market, which is being redeveloped.

But David Gareau, owner of Worldbeat Crafts, which sells vinyl records and leather bomber jackets in the basement of the south market, said it doesn't make sense to remove the indoor vendors who are nowhere near construction.

"Why are they kicking us out of here just to have it sit empty?" said Gareau, who has sold his wares at St. Lawrence Market for 27 years.

Stopping vendors from capitalizing on the tourist investment that will accompany July's Pan Am Games is "malicious," he added.

"We put in the investment. We should at least be able to get the benefits from this one event."

It is not clear what the city will be doing with the space currently occupied by craft vendors in the south building.

Gareau said that question, along with questions about when the program might be reinstated, remain unanswered.

As for the future of the Market Cart Program, Hinds Fitzsimmins said the city, "will diligently explore and seek improvements to the program with respect to concerns that were brought forward by Market Cart vendors and the St. Lawrence Precinct Advisory Committee."

She did not elaborate on the nature of those concerns.

TORSTAR NEWS SERVICE

Online petition

More than 300 people have signed a Change.org petition asking the city to reconsider suspending the Market Cart Program.

Health. Design challenge to focus on app creation

Increased access to health care may be just a tap away.

Through mobile technology, the Ontario Telemedicine Network (OTN) wants patients and health-care providers to be more active in delivering, managing and receiving care.

Health care needs to do what banking, travel and retail have already done — put control in the hands of the consumer, said Ed Brown, the CEO of OTN.

"If you have a smartphone you already have your new health-care device; now, we just need the apps," he said, adding that the aim is to find ways to spend less time in doctors' waiting rooms and have access to one's own test results quickly.

OTN is bringing health-care professionals and tech developers together, looking for telemedicine improvement in the province.

For eight weeks starting March 30, in a hackathon dubbed Hacking Health Design Challenge, at least 80 designers, developers and health-care professionals will be challenged to create digital tools needed for more sustainable, patient-centred health care delivery.

OTN and its health care partners in Ontario have used telemedicine for many years, including programs like Telehomecare and Telederm which deliver care faster, better and cheaper, he said. But the challenge is that the apps are not yet integrated into health delivery system, and some of those apps may not even be effective, he added.

"Our goal is to nurture the development of applications within the framework of a sustainable and integrated health care system," said Brown.

Teams of hackers will present their final ideas at Canada's e-Health Conference on May 31. The conference is facilitated by Canada's Health Informatics Association, Canada Health Infoway, and the Canadian Institute for Health Information. GILBERT NGABO/METRO

Dr. Ed Brown, founder and CEO of Ontario Telemedicine Network. CONTRIBUTED

Mississauga

SIU investigating shooting death of 30-year-old man

Ontario's Special Investigations Unit is probing a police-related death in Mississauga Friday night, though the agency said it is not looking into the injuries two officers suffered in the same incident.

The police watchdog agency said the officers arrived at a unit on Queen Frederica Dr. at about 10:40 p.m. after getting a call.

"There was an interaction between police and a 30-year-old male, and he was shot multiple times," SIU said in a statement Saturday morning. "He was pronounced dead at the scene." SIU said two officers, along with one civilian, suffered non-life-threatening injuries during the incident.

TORSTAR NEWS SERVICE

After surviving cancer, 22-year-old Alex Mann is able to play baseball again. He started a fundraising campaign to help other kids in their battles. CONTRIBUTED

Cancer survivor takes step up to help others

Campaign. Young man raising money to mark five-year milestone

GILBERT NGABO
gilbert.ngabo@metronews.ca

As a teenager, all Oakville's Alex Mann wanted was to be able to play baseball.

But only a few weeks after celebrating his 17th birthday, the then-Grade 11 student's dreams were shattered when he was diagnosed with Ewing's sarcoma, a rare bone cancer that attacked his left arm.

"It was pretty tough," he said. "I didn't really believe it at first, because I was a pretty healthy guy and very active."

He started chemotherapy shortly thereafter, and he was told he would have to undergo surgery and would never play baseball.

But he kept his confidence and motivation high, and after a year he was told that treatment was working at 99 per cent.

Today, Mann, 22, is a successful third-year engineering student at Queen's University. He is also a relief pitcher for the Gaels, the school's baseball team.

He still can't lift his left arm freely or use it to pick up heavy items, but it's good enough for him to get on the mound and pitch.

"It's pretty incredible," he said.

Mann was fortunate to recover and resume his life cancer-free, but he understands many others don't have the same luck in their fights. He's currently raising funds to help kids suffering from cancer.

"To have to go through that kind of experience at such a young age, it is so traumatizing," he said.

The money raised through Tilt campaign will be split for two Toronto-based charities, Childhood Cancer Canada and Children's Wish. The latter sent Mann and his family to Hawaii on vacation following his recovery, and that journey put a closure to what was "a rough year for my family," he said.

"These charities do an amazing job helping children, and it's my way of saying thank you for saving my life," he said.

Quoted

"To have to go through that kind of experience at such a young age, it is so traumatizing." Alex Mann

Parkdale tenants battle rent increases

Housing. Landlord Akelius says back-to-back bumps needed to pay for renovations

Tenants of a Parkdale apartment complex are staging a protest to fight back-to-back rent increases being sought by their landlord.

Property manager Akelius Canada applied to increase the rent at 188 Jameson Ave. by 4.1 per cent in 2014; this year it doubled down, seeking a 4.6 per cent hike. At least 50 residents of the midrise apartment building, including many Tibetan refugees, say they can't afford to pay that much. They are planning to protest outside Akelius' Toronto head office Monday.

Quoted

"The amount they want to increase, it's just too much." **Namgyal Lhamo, 39,** a personal support worker who lives in a one-bedroom apartment with her three-year-old daughter and her cousin

In a statement to Torstar News Service, Akelius spokesman Ben Scott said the increases are meant to subsidize costs Akelius incurred from municipal taxes and utilities, increased security measures and extensive renovations. The provincially recommended guidelines for rent increases were 0.8 per cent and 1.6 per cent for 2014 and 2015, respectively.

Akelius' proposed increases are subject to a Landlord and Tenant Board hearing April 28.

Scott said Akelius will not seek the full amount it is entitled to under the Residential Tenancies Act. "(We) will work with tenants to come to an agreement that allows us to recoup a portion of our costs while reducing the share borne by the tenants."

He said tenants who feel they won't be able to keep up with the increase can reach out to Akelius' customer-service team.

Akelius acquired 188 Jameson Ave. and a handful of other Parkdale properties between December 2012 and November 2013. Last summer, residents from four Parkdale buildings filed an application to the Landlord and Tenant Board claiming Akelius' decision to remove on-site superintendents has resulted in neglect. That issue will also be discussed at an April 28 hearing. **TORSTAR NEWS SERVICE**

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Arts. George Brown prof up for LGBT literary prize

GILBERT NGABO
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George Brown professor Vivek Shraya could win big at this year's Lambda Literary Awards, the world's leading LGBT literary honour.

Shraya's new book, She of the Mountains, is among five nominated in the category for bisexual fiction.

Published in September, the book draws on Hindu mythology to tell a love story about a man and his body.

The story demonstrates that policing someone's sexuality and gender can have harmful effects on their heart, Shraya said.

Shraya, co-ordinator of George Brown's Positive Space program, said he wrote the book to challenge discrimination and dispel a culture of hate. "I cared so much about writing something that challenges biphobia," he said.

Shraya previously self-published two books: God Loves Hair and What I Love About Being Queer. The awards ceremony will take place June 1 in New York City.

Police

Detective: Rob Ford investigation active

The lead detective investigating Rob Ford says the investigation is ongoing.

Asked about where the investigation into the former mayor and any illegality in his office stands, Det. Sgt. Gary Giroux said police are continuing to do interviews as the preliminary hearing for Ford's former driver Alexander "Sandro" Lisi continues.

"Oftentimes there are things you hear in the preliminary hearing that cause you to go out in the evening and do other interviews, which we've done," Giroux said.

Lisi is charged with extortion for allegedly attempting to recover a video showing Ford smoking what appears to be crack cocaine. Details of the preliminary hearing can't be reported because of a publication ban. **JESSICA SMITH CROSS/METRO**

Quebec. Bloc intends to hold intercultural independence gathering

Days after a Parti Québécois leadership hopeful's controversial comment on immigration, Bloc Québécois leader Mario Beaulieu has announced his party's intention to hold a large intercultural gathering for independence.

In an interview with The Canadian Press, Beaulieu explained the Bloc Québécois wants to show that a large number of immigrants are in favour of Quebec's independence.

Last week, Pierre Karl Peladeau said that immigration represented a threat to the sovereigntist movement. The PQ MNA and leadership candidate later apologized for his comments, saying they were inappropriate and did not reflect his true thinking.

Bloc Québécois Leader Mario Beaulieu THE CANADIAN PRESS

Without directly referring to Peladeau's remarks, Beaulieu said it was necessary to reach out to Quebecers of all origins to persuade them of the advantages of independence.

He said the national question was "the business of all Quebecers, without exception."

THE CANADIAN PRESS

Middle East. Canada backs two-state solution: Harper

Prime Minister Stephen Harper has reiterated Canada's support for a two-state solution for Israelis and Palestinians, during a phone call to newly re-elected Israeli Prime Minister Benjamin Netanyahu.

The statement from Harper's office on Sunday was more muted than statements made recently by U.S. President Barack Obama, French President Francois Hollande and UN Secretary General Ban Ki-moon.

It was the first time Harper and Netanyahu had spoken since Netanyahu secured a victory on Tuesday.

In the final days of the hotly contested campaign, Netanyahu said he would not support the creation of an independent Palestinian state. That position flew in the face of that traditionally taken by the U.S., Europe and Canada.

Quoted

"Only the creation of a viable and sovereign Palestinian state, living peacefully and securely side-by-side with Israel, can allow us to ensure peace and prosperity in the Middle East."

French foreign minister Laurent Fabius, talks about french President Francois Holland's position

"The Prime Minister reiterated Canada's long-standing position in favour of a two-state solution," wrote press secretary Carl Vallee.

THE CANADIAN PRESS

Clayton Goodwin inhales medicinal marijuana through a vaporizer on March 20 in Ottawa. The cost of providing medical marijuana to the country's injured soldiers under a Veterans Affairs program jumped to more than $4.3 million this year, an increase of 10 times what was spent last year. ADRIAN WYLD/THE CANADIAN PRESS

$4.3M spent on medical pot for injured veterans

Health. Figures released by Veteran Affairs represent a dramatic escalation in costs, prescriptions

The cost of providing medical marijuana to the country's injured soldiers under a Veterans Affairs program jumped to more than $4.3 million this fiscal year, an increase of 10 times what was spent last year.

And the number of ex-soldiers eligible for taxpayer-funded, prescribed pot more than quadrupled to 601 patients, according to figures released by the department.

The numbers represent a dramatic escalation, even from last fall, when former veterans minister Julian Fantino was told in a briefing note that there were 224 approved cases.

At the beginning of the last budget year, there were 116 eligible veterans.

In 2013-14, the government spent $417,000 on medical marijuana for soldiers, said the briefing obtained under access-to-information legislation.

The jaw-dropping increases may represent a conundrum for Health Canada, which routinely warns against marijuana use, and the ruling Conservatives, who have ridiculed Liberal Leader Justin Trudeau's campaign for overall legalization of marijuana.

In a statement, a Veterans Affairs spokeswoman stood by the program, pointing to government documents explaining that even though the government does not want to see marijuana used as medicine, the courts have ordered patients to have access to it if prescribed.

"Marijuana for medical purposes is not an approved drug or medicine in Canada, and Health Canada does not endorse or promote the use of marijuana," said Janice Summerby.

"However, (Veterans Affairs) will support eligible veterans by reimbursing the cost of marijuana for medical purposes if their physician deems it is an appropriate treatment for the veteran's health condition and authorizes its use in accordance with Health Canada's regulations."

Throughout much of last year, there was a growing debate within the veterans department about how much would be covered by the program, introduced in 2008, and whether it should be capped or even cancelled outright.

Fantino, who has since been replaced by Erin O'Toole as minister, was presented with four different options, including dropping the policy but retaining existing clients or eliminating it altogether.

THE CANADIAN PRESS

Voters blunt rise of France's National Front

Politics. Far-right party is known for its opposition to immigration, radical Islam and the EU

France's governing Socialists never expected to do well in Sunday's first-round elections, and their strategy worked just as planned: Their conservative rivals took first place.

Before the elections for 2,000 local councils, the Socialists urged people to vote, hoping that turnout would blunt the rise of Marine Le Pen's far right National Front, even if it meant Nicolas Sarkozy's conservative UMP would be the victor.

Initial projections gave the UMP party 31 per cent of the vote compared with 24.5 per cent for the National Front and 19.7 per cent for the Socialists and their allies. Turnout was 51 per cent, compared with about 45 per cent in the same elections in 2011.

With little air of a man in third place, Prime Minister Manuel Valls was the first to praise the far right party's defeat.

"This evening, the extreme right, even it is too high, is not at the forefront of French politics," Valls said. "When we mobilize the French, it works."

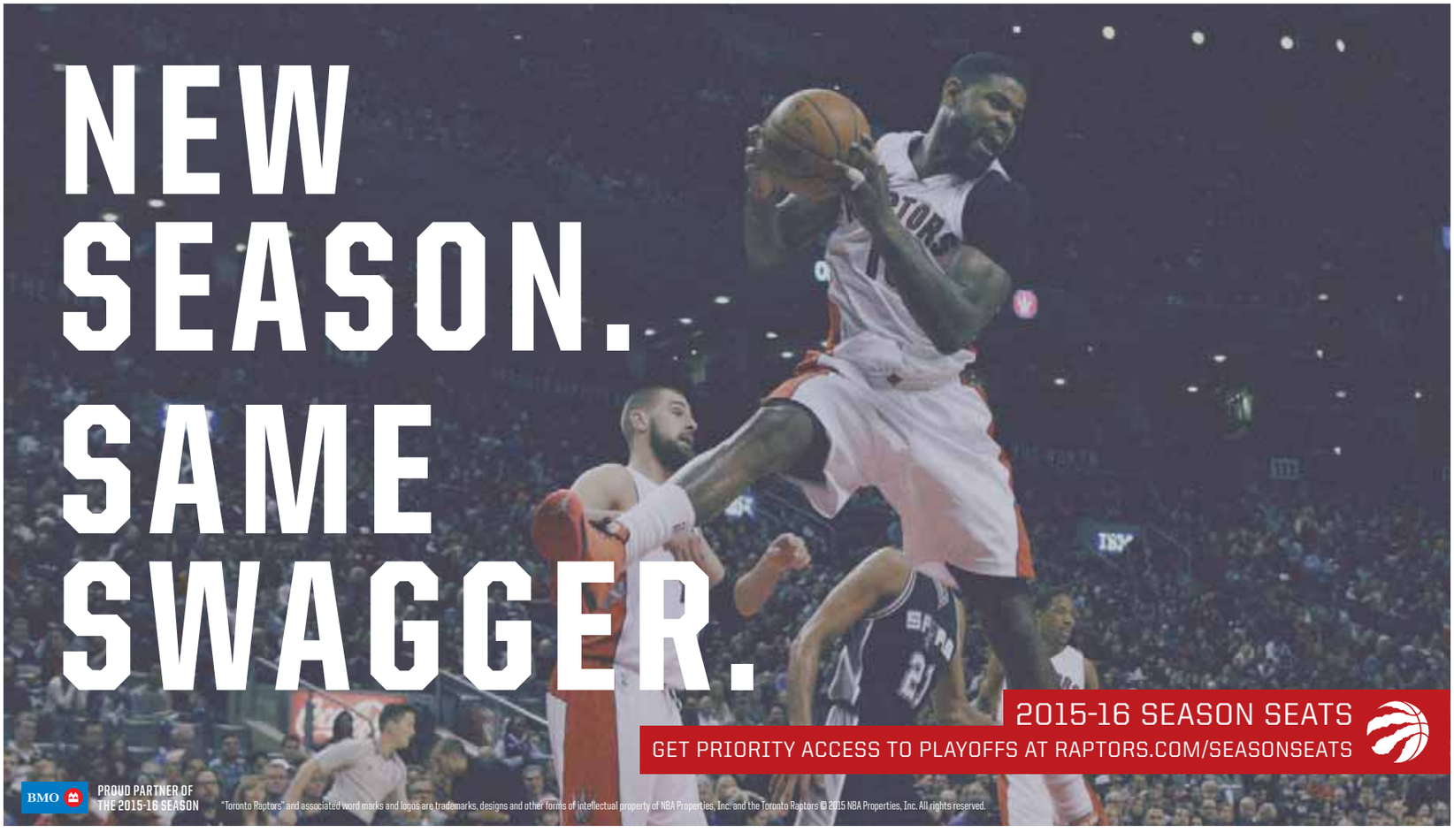
Le Pen was nowhere on the ballots herself, but her National Front is trying to build a grassroots army of local officials to buttress her presidential ambitions in 2017.

France's council elections are in two rounds, so victory Sunday determines which candidates can contest a second vote March 29.

THE ASSOCIATED PRESS

Funeral for Afghan woman beaten to death by Kabul mob

Afghan women's rights activists carry the coffin of 27-year-old Farkhunda — an Afghan woman who was beaten to death by a mob — at her funeral, in Kabul, Afghanistan, Sunday. Hundreds of people gathered in northern Kabul for the funeral of Farkhunda, who like many Afghans is known by only one name. She was killed late Thursday by a mob of mostly men who beat her, set her body on fire and then threw it into the Kabul River, according to police accounts. Police are still investigating what prompted the mob assault. MASSOUD HOSSAINI/THE ASSOCIATED PRESS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Starbucks U.S. ends in-store 'Race' campaign

A barista at a Starbucks store in Seattle puts a "Race Together" sticker on a customer's cup earlier this month. As of Sunday, Starbucks in the U.S. has ended the visible component of its diversity and racial inequality campaign. But the coffee chain's initiative will continue more broadly without the handwritten messages. The campaign has been criticized as opportunistic and inappropriate, coming in the wake of racially charged events such as national protests over police killings of black men. THE ASSOCIATED PRESS FILE

Ottawa spent $24M to polish oil image

Campaign in U.S. Ads not designed to sway people about Keystone XL, one official says

The multimillion-dollar campaign to market Canadian oil in the U.S. was hard to miss.

The Maple Leaf was plastered on the walls of subway stops in Washington, D.C., and it popped up in all sorts of American publications with such messages as, "America's Best Energy Partner," and "Friends and Neighbors."

Documents obtained by The Canadian Press offer a peek at the behind-the-scenes strategic considerations in 2013, as the federal government conducted a $1.6-million US ad campaign that grew into a $24-million, two-year program that wraps up this month.

The records, released under the Access to Information Act, reveal the websites to be shunned as advertising outlets; the Internet search words that would trigger a Canadian energy ad; the coveted locations for billboards in Washington, D.C.; the rejected proposals; and the U.S. ad salespeople who angled for a slice of the publicity pie.

Throughout the two-year campaign, the Keystone pipeline issue remained unresolved. But that doesn't mean it failed, defenders say. In fact, the ads didn't mention Keystone. The original call for tenders spelled out the mission: to defend Canadian energy's reputation against hostile groups and lawmakers threatening anti-oilsands measures in the U.S. and Europe.

So was the campaign successful? A separate budget was used for gauging the public response — $58,335 for an initial focus group and $49,393 later for a poll.

The poll showed most D.C. respondents had seen the ads. They didn't quite agree, however, on what they'd seen. The most popular takeaway message, at 17 per cent, was that Canada and the U.S. were friends and energy partners. Building Keystone XL got 11 per cent. THE CANADIAN PRESS

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VOICES

AIN'T NO SUNSHINE

While the Sunshine List sparks a predictable maelstrom every year, aren't there better measures of public-sector spending and delivery than salary?

TORY'S TORONTO
Matt Elliott

I'll be blunt: I hate the Sunshine List.

The list, published under the Ontario Public Salary Disclosure Act, discloses the names and earnings of all public-sector workers making more than $100,000 in salary and benefits.

Every year, the release of the list sparks a maelstrom of media and public attention. Last week, news that more than half of the employees with the Toronto Police Service would appear on the list sparked calls for inquiries and a review of police compensation.

I'm all for a review of police spending. I've argued for it repeatedly over the last few years. But this is the wrong reason to do it.

This is just bad data.

There are a bunch of obvious problems with the way the list works.

Since it was introduced in 1996, that $100,000 threshold has never been adjusted for inflation. If it had, only compensation in excess of about $142,000 would land you on the list.

More importantly, it's not clear how the Sunshine List tells us anything about the efficiency or effectiveness of public organizations. Hypothetically, is a department with a total of 10 employees on the Sunshine List necessarily run worse than a company with 20 workers making less than $50,000 a year each?

Who can say, right? Aren't there better measures of the public sector, such as whether it can deliver things on time and on budget?

For me, the worst part is that the list tends to perpetuate a race to the bottom. When someone hears of a similarly qualified person making a good salary, you would expect them to think, "Hey, maybe I deserve a raise." But too often the reaction is instead a call for the well-paid person to be paid less.

Don't get me wrong. I've always been a big believer in governments using data to run things better, but it's not clear that the data released through the Sunshine List has done that — or that it ever can.

In the case of the Toronto police, for example, there's better data that points to a clear need for a review of spending. For instance, annual Criminal Code offences in Toronto have dropped by nearly 50 per cent over the past two decades, while the inflation-adjusted police budget increased by about 29 per cent. We have more cops for less crime.

There's an important conversation we could have about that. But it wouldn't be a conversation centred on how much police officers should be paid. Really, I'd argue that people bestowed with a gun and the power to detain should be well-compensated.

Instead, it would be a conversation about how many cops Toronto needs to be safe. It would be about how big the police budget — Toronto's single largest expense — should be.

Forget the Sunshine List; I would much rather talk about that.

Better metrics

We have more cops for less crime. There's an important conversation we could have about that.

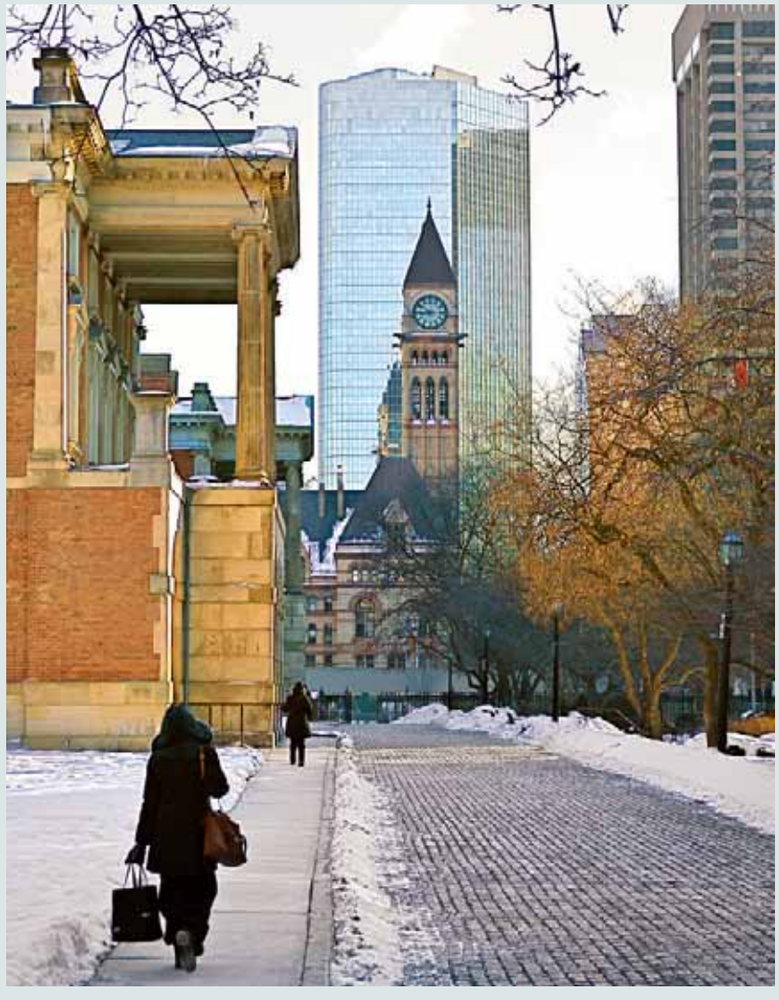
Your Toronto

Old meets new

Robert Ratcliffe considers Osgoode Hall, left, one of the most beautiful buildings in Toronto.

He found this scene particularly interesting because of the way old buildings mixed with the mirrored modern office tower in the background. **CONTRIBUTED**

Photo submitted by Metro reader Robert Ratcliffe



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Upcoming

Pop-up library

Passionate about Canadian art history? Shelf Life is an event you don't want to miss. Running until March 29 at the Ryerson Artspace in the Gladstone Hotel, the pop-up library is an assembly of Canadian arts periodicals, offering a glimpse into the country's strong and diverse history of arts publishing. The public can read publications that include C Mag, Border Crossings, Esse, Ciel Variable, Little Brother, Public, Canadian Art, Double Dot, Prefix Photo, Shift, Rivet, Millions and many more.
GILBERT NGABO/METRO

Safe space for women

The Women's Place — a grassroots organization dedicated to creating a safe space for all women through empowerment, education and encouraging community capacity — is holding community consultations at Malvern Family Resource Centre. Organizers are looking for feedback from women of all ages in order to improve programming in the Malvern community. Call 416-284-4184 ext. 234 or email sbenn@mfrc.org for more information and to register.
GILBERT NGABO/METRO

Water Docs Film Fest

There's a platform in Toronto to discuss and take action on water matters. It's called Water Docs Film Festival, a nine-day annual film exhibition presenting independent, groundbreaking, water-themed documentaries, celebrating and promoting water protection and conservation. The festival starts March 22. Details can be found at waterdocs.ca. **GILBERT NGABO/METRO**

metro

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Introducing the 'smelfie'

Kim Kardashian's famous #belfie.
INSTAGRAM/KIMKARDASHIAN

Adam Hill started the "smelfie" trend.
TWITTER/@ADAMHILLSCOMEDY

A cute #felfie, or the selfie with a farm animal.
INSTAGRAM/ELLIEB2781

The #delfie, or selfie with a dog, may be the most adorable of them all. INSTAGRAM/CARLEYFORTUNE

Culture. The popularity of the selfie has spawned a seemingly endless variety of wacky offshoots

DEBORAH HERNANDEZ
Metro in Toronto

Confused about all of the selfies showing men holding soiled diapers on Twitter lately?

The "smelfie" is a new breed of selfie that started when Adam Hill, an Australian comedian and father, tweeted a photo of himself making a sour face while holding up his daughter's soiled diaper and hashtagged it #smelfie.

But, why is social media so obsessed with selfies (and its other popular variations)?

Marcel Danesi, a professor of anthropology at the University of Toronto, says it's because selfies allow people to share their experiences and their true "self" with the world.

"We have this need to assert ourselves," Danesi says, "and technology gives us a chance to do this much more regularly and spread it broadly."

The need to share one's thoughts, opinions and photos isn't anything new, but is the ever-growing trend of selfie sharing a sign that society has become too narcissistic?

"Narcissism has existed since the ancient world," Danesi explains.

"Selfies allow an expression of this by the individual. There's no need to go to a portrait painter or professional photographer anymore."

These days, many social media users post photos of themselves in the most mundane situations, such as #postworkoutselfie or #iwokeuplikedis, which Danesi says is because everyone believes — or wants to believe — that people care about who we are.

"It's a way of making your mark in the world," he adds.

It could be our way of saying, "look at my world. Look at my situation and try to understand what I'm going through."

Navigate the crazy world of selfies

The belfie

According to Vogue, we're in the era of the big booty and the number of people posting belfies (selfies of butts) seems to have proven this right.

There's even a "belfie stick," a bendable, titanium steel stick that allows users to take pictures of their behinds that you can purchase for $79.99.

But, if you're in the market for one, you'll have to wait a bit longer since the 'Belfie Stick' is currently out of stock.

The #postworkoutselfie

Show off your body and healthy lifestyle to the world with this type of selfie. The #postworkoutselfie often includes gym mirrors and bodies encased in tight workout clothes, glistening with sweat.

The #iwokeuplikedis/ #nomakeupselfie

In her song Flawless, Beyoncé sings, "I woke up like dis" about a dozen times, generating a selfie trend where people now post what they look like after just waking up.

Often users share photos of themselves looking far too flawless to be believed or hilariously honest with major bed-head.

The #pelfie / #delfie / #felfie

Possibly the most adorable selfie of all, the #pelfie is a selfie with a pet. It's cousins are the #delfie (selfie with a dog) and the felfie (selfie with a farm animal).

The #cryingselfie

Crying selfies break away from the mould by showing people in some of their most unhappy moments and although some people find these photos inappropriate and uncomfortable to look at, posting them might be cathartic for some users.

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Eva Mendes ALL PHOTOS GETTY IMAGES

What a Croc! Mendes issues joke apology over joke

Eva Mendes came under fire last week for joking that sweatpants are the "No. 1 cause of divorce in America," because obviously we've exhausted all other topics over which to get outraged. To quell the public indignation, Mendes and partner Ryan Gosling struck out on social media to assure all of their commitment to dressing for comfort, not style. First, Mendes posted an ode to her "favourite pair of sweatpants" on Instagram, apologizing for forsaking them.

"Dear favourite pair of sweatpants. I was just kidding when I said you're the #1 cause of divorce.

Everyone knows that orange Crocs are the No. 1 cause of divorce. Either way it was a bad joke and feel terrible if you or anyone thought I was serious. Thanks for understanding sweatpants. Sorry orange Crocs."

Then Gosling chimed in himself with some well-earned wisdom for others about how to live in polite society.

"Word to the wise. Don't joke about sweatpants or North Korea. Real hot button issues. Trust me," he tweeted.

"Obviously sweatpants thing was a joke. Wearing them now. That's right, tweeting in sweatpants. Rats! Said too much! You win again Twitter."

Personally, I'd wager that a lack of a sense of humour is the bigger threat to happiness, so lighten up, everybody.

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Smart saving for your future

Money management. Getting serious about saving means choosing investments that are right for you

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Saving is a lost art. You'd think that with all the yada-yada about how important it is to save, what a big deal RRSPs and TFSAs are, and the scant resources we'll have if we count on the government, that we'd all be squirrelling away money for the future at a wicked pace. We're not.

So much of the blah blah blah about building up a stash of cash for the future centres on the next big investment that will get you to where you want to be. If it's really so easy to be a successful investor, why aren't there more of 'em?

If what's stopping you from saving is the sense of "I don't know what to do with the money once I've saved it," I can reassure you that deciding what to invest in isn't as hard as you might think. Forget about analytics and market timing, forget about what was hot last year. You're going to focus on these three things:

Define savings

If you're sticking money away for a vacation, for gifts, for car insurance, that's not savings; it's planned spending

It may be time to update that piggy-bank savings strategy. ISTOCK

•When you'll need the money.

•How willing you are to lose money because investments can take a dive.

•How knowledgeable you are about investing.

If you won't need the money for 10 years or more, the world in your oyster. You can buy just about everything going.

If you're willing to take chances — you win some, you lose some — then you have to figure out how much 'lose some' you can stand. All of it: you're a risk taker; none of it: stick with sure and steady. If you can't explain what you're thinking of buying to a 12-year-old, you can't buy it.

But that doesn't mean you can't be an investor. Everyone can be an investor. Earning even a sad .25 per cent on your savings account makes you an investor, albeit a lazy one. And if you have a stomach for more risk, learn about indexed investing and get busy.

Investing isn't the biggest barrier to building up a nest egg. People often misunderstand what "saving" is. Saving is "not spending money" and if you want to have "savings" you have to take the money you didn't spend and put it somewhere to accumulate for the future. If you're sticking money away for a vacation, for gifts, for car insurance, that's not savings; it's "planned spending."

It's smart to accumulate money for big spends right along with your day-to-day needs, but it's not savings. Unless it's going into an emergency fund, a long-term savings — think retirement or school — it's not "savings."

Saving a measly four per cent of your income isn't going to get you to where you want to be. With 35 years or less to your retirement date, you need to be socking away 10 per cent. With 25 years or less, if you haven't saved any money, you need to be squirrelling away 18 per cent of your income.

Money is an exhaustible resource. It runs out. If you want to have some for later, you've got to avoid spending some now. Begin developing the saving habit and you're heading in the right direction. Momentum will carry you along.

Ultimately, how much you save and how long you save are just as important as what you do with those savings.

Slow and steady savings

If you don't leave yourself enough time for your money to do some of the heavy lifting — I'm talking compounding here — you're doing yourself a huge disservice. Start saving in your 20s and your money will grow, grow, grow.

- Assume you make $45,000 a year, save 10 per cent, a month, and earn 3 per cent return on your money on average, and don't have to pay tax on the income (you've put the money in a TFSA or RRSP):
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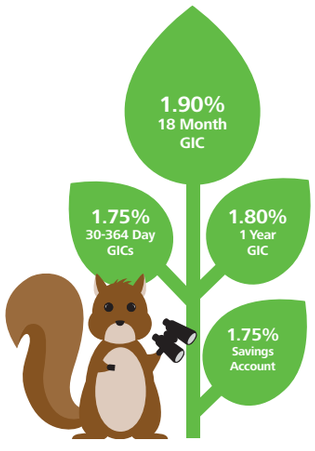
- Start at 35 and you'll have $226,594, $87,094 of which came from interest.
- Start at 45 and you'll have $129,623, $35,123 of which came from interest.



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Playing your way back to good health

Rehab video game. Romanian software developer hopes to turn a painful process into enjoyable activity played on your Xbox

Software engineer and TED Fellow Cosmin Mihaiu shows off a MIRA Rehab game designed to make typically tedious physical rehabilitation exercises fun. AFP PHOTO/GLENN CHAPMAN

A broken arm as a boy led Cosmin Mihaiu and some inventive colleagues to turn tedious physical rehabilitation exercises into a game that they hope can make it easier for people to recover from injuries.

The Romania-born software engineer demonstrated the game last week at the prestigious TED Conference in Vancouver, showing how it can be played on the motion-sensing video game platform Kinect for Micosoft's Xbox.

"We need to come up with solutions to get patients motivated to get better," Mihaiu told AFP. "No one likes treatment, but if we can make it in a way where people don't think it is cumbersome they will get better faster and save costs."

Mihaiu and colleagues devised the software application to work with physical therapists to customize motion-control games to reward patients for doing prescribed movements. The system, which is called MIRA (Medical Interactive Recovery Assistant), is currently designed for play offline in clinics. Its makers plan to create an online version that people could use at home, with performance data shared with therapists. "We don't want to replace the physical therapists," Mihaiu said.

"We want to develop a digital pill that can be prescribed to help the patient get better."

MIRA is being tried in clinics in Britain and Romania, with an annual subscription price of several thousand dollars, Mihaiu said. He added that there is a large market in the rehabilitation industry because unlike consumer-focused fitness games, medical games come with endorsement and followup by doctors, nurses or therapists. AFP

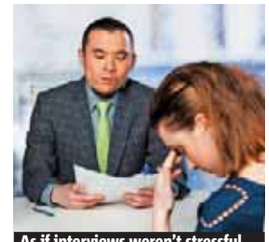
Those following suit

Ubisoft early in March unveiled a tablet video game crafted as a prescription for a medical condition known as "lazy eye," blending the worlds of play and treatment. The France-based video game titan created Dig Rush in collaboration with U.S. health technology startup Amblyotech, using treatment technology from innovators at McGill University in Canada. The game targets amblyopia, a condition in which a person's eye and brain are out of sync.

When applying for a job gets weird. The 10 oddest questions from real interviews

Interviews are nerve-racking as it is, but when an interviewer throws a question at you like, "If you were a tree what kind of tree would you be?" that can just be the end of you.

Glassdoor has compiled a list of the Top 10 most "oddball" interview questions of 2015 so far. While no one is asking you what kind of tree you are, there are some curveballs.



As if interviews weren't stressful enough already ISTOCK

1. "What would you do if you were the one survivor in a plane crash?" – Airbnb Trust and Safety Investigator job candidate

2. "What's your favourite '90s jam?" – Squarespace Customer Care job candidate

3. "If you woke up and had 2,000 unread emails and could only answer 300 of them, how would you choose which ones to answer?" – Dropbox Rotation Program job candidate.

4. "Who would win in a fight between Spiderman and Batman?" – Stanford University Medical Simulationist job candidate.

5. "If you had a machine that produced $100 dollars for life, what would you be willing to pay for it today?" – Aksia Research Analyst job candidate

6. "What did you have for breakfast?" – Banana Republic Sales Associate job candidate

7. "Describe the colour yellow to somebody who's blind." – Spirit Airlines Flight Attendant job candidate

8. "If you were asked to unload a 747 full of jellybeans, what would you do?" – Bose IT Support Manager job candidate

9. "How many people flew out of Chicago last year?" – Redbox Software Engineer II job candidate

10. "Who's your favourite Disney Princess?" – Coldstone Creamery Crew Member job candidate

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Obama: Compensation would 'ruin' college sports

President Barack Obama is coming out against compensation for college athletes.

He says it would lead to bidding wars and "ruin the sense of college sports." Obama says what does frustrate him, though, is seeing college coaches and the NCAA making huge amounts of money while an athlete gets banished for taking advantage of perks, such as the free use of a car. He says that's unfair.

Obama commented in an interview with The Huffington Post after he was asked whether college athletes should be compensated because they are money-makers for the NCAA, TV stations and advertisers. THE ASSOCIATED PRESS

President Barack Obama watches a women's college basketball game in the NCAA tournament AP PHOTO

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Advice

I've bean the coffee mule at work too long

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
Whenever I leave for a coffee break, one of my colleagues asks me to get her a complicated espresso drink. While I'm happy to pick up the occasional latte, it's becoming a regular request. Sometimes she doesn't even pay me back! It seems rude to say no — but I don't like feeling like her assistant when we work at the same level. How can I get out of bean duty without appearing impolite?
— Not Your Daily Grind

Dear NYDG,
There's a reason your co-worker has started treating you like her personal cappu-courier: You're letting her. When friendly deeds go unreturned, it's time to filter your favours.

Evasion is an option. Before she places her order, quietly duck out. Your single Americano will send the message that you're now buying coffee for one.

Can't dodge her demands? Try splitting the labour. Say you're super busy, and suggest you swap spots: For the next week, she grabs the java while you stick to your desk. If she agrees, your days as caffeine mule are done. If she says no, you have licence to dismiss all future errands.

Sporadic coffee runs are a nice gesture. But when you regularly allow colleagues to exploit your generosity, you set a dangerous precedent. Put a lid on your pushover tendencies before they spill into other areas of your work.

Dear Metro,
A new guy just started at my office in the same position as me. It's only been a few weeks, but he's already outshining everyone in our department. My boss keeps praising his work and my colleagues all want to be his best friend. I have to admit I feel very threatened by his instant popularity. Is there any way I can hold my own against this new superstar?
— Skulking in the Shadows

Dear SITS,
To maintain your own value, quit fixating on somebody else. Not only will your anxieties seem petty, they will also distract you from your job — which will only make new guy gleam brighter.

Instead of getting outshone, bask in your new colleague's glow. Get to know his work style, and establish yourself as a reliable day-to-day ally. In the short term, you'll seem like a team player with good taste in friends. But this is also a great long-game strategy: should new guy's star rise, he'll pull you up with him.

Not that you need his support. New guy may be shiny and fresh, but your role is more entrenched. Rather than fussing over a co-worker's flashy performance, worry about honing your own. Then new guy will be intimidated by you.

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Soba so good as versatile noodle salad

Asian Soba Noodle Salad. Coconut milk and peanut-dressed veggies and noodles make a colourful starter or main

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Ingredients

Salad
- 8 oz thin soba noodles
- 1 1/2 cups finely chopped snow peas
- 1 1/2 cups finely chopped red bell pepper
- 1/2 cup finely chopped green onion
- 1/3 cup chopped cilantro or parsley
- 1/4 cup chopped peanuts

Dressing
- 1/2 cup light coconut milk
- 3 tbsp natural peanut butter
- 2 tbsp low-sodium soy sauce
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tbsp toasted sesame seeds
- 2 tsp minced fresh garlic
- 2 tbsp brown sugar
- 1 tsp minced fresh ginger
- 1 tsp hot chili sauce, or to taste

Soba noodles are Japanese noodles made of buckwheat and wheat flour. They are perfect to use in either hot or cold pasta dishes and don't soak up the sauce as quickly as regular pasta. Combine them with a coconut-peanut dressing and a variety of vegetables to make this great appetizer or main course.

Always purchase natural peanut butter, which has nothing but nuts. Processed peanut butter contains icing sugar and can be hydrogenated. Almond butter is also a great substitute.

Directions

Salad

1. Bring a large saucepan of water to a boil and cook the noodles for 3 to 5 minutes or until tender. Drain. Rinse under cold running water and drain again.

2. Combine the noodles, snow peas, red pepper, green onion, cilantro and peanuts in a large serving bowl.

Dressing

1. To make the dressing: Combine the coconut milk, peanut butter, soy sauce, vinegar, sesame oil, sesame seeds, garlic, brown sugar, ginger and chili sauce in a bowl or a small food processor.

2. Whisk or process the mixture until smooth.Pour the dressing over the vegetable-noodle mixture and toss to coat.

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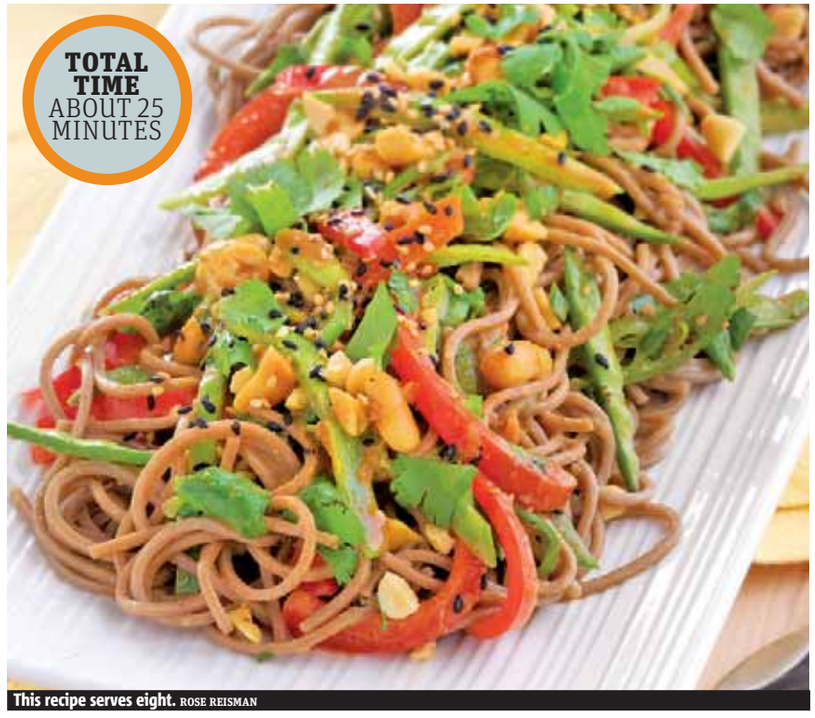

This recipe serves eight. ROSE REISMAN

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SPORTS 4

Raps look to regain focus for playoffs

NBA. New York a victim of Toronto's push to peak at the right time

With 12 games to go on the regular season, and their playoff spot all but locked down, the Toronto Raptors have to maintain their intensity.

That was DeMar DeRozan's message minutes after the Raptors beat the lowly New York Knicks 106-89 on Sunday afternoon.

"We've just got to stay focused and understand every game still matters," DeRozan said. "We've got to take something from every game, even though we're still going to the playoffs, we can't relax, we've still got to keep focused and understand we've still got to get better every time we step on the court."

DeRozan led by example with a team-high 23 points, including a couple of huge dunks, while Tyler Hansbrough added a season-high 18 points. Jonas Valanciunas added a double-double with 17 points and 10 rebounds.

Lou Williams added 13 points, Greivis Vasquez finished with 12, and Terrence Ross chipped in with 11 for the Raptors (42-28), who played without all-star Kyle Lowry for the second straight game. Lowry is nursing a sore back, suffered when he fell hard in Wednesday's win over Minnesota.

Hansbrough, whose previous season-high was 12 points, echoed DeRozan's statement: the Raptors have to make each game count down the stretch.

The Raptors' DeMar DeRozan looks to pass between Knicks Lance Thomas, left, and Alexey Shved at the Air Canada Centre on Sunday. DARREN CALABRESE/THE CANADIAN PRESS

"We've got to realize what we want to do," Hansbrough said. "I think a lot of guys have the playoffs in the back of their mind, just because we know what we want to get right before we get to the playoffs, try to have some momentum going into there."

Lance Thomas led the Knicks (14-56) with 24 points, while the Raptors' former No. 1 draft pick Andrea Bargnani, who was booed during Knicks' player introductions, finished with 16.

On Sunday

Raptors	Knicks
106	89

Toronto led by as many as 17 points against the NBA's worst team, but looked disinterested for large stretches and allowed the Knicks to creep back to within 74-66 with one quarter left to play.

The Raptors pulled away in the fourth in front of a capacity crowd of 19,800 fans at the Air Canada Centre, and when DeRozan threw down his second big dunk of the day with 2:37 left, it had Toronto up by 19. THE CANADIAN PRESS

MLB spring training

Jays blank Rays

Russell Martin homered for the first time this spring, Roberto Osuna tossed 3-2/3 scoreless innings and the Toronto Blue Jays blanked the Tampa Bay Rays 3-0 on Sunday.

Osuna is regarded as one of the organization's top prospects and is a contender for a spot in Toronto's rotation.

THE CANADIAN PRESS

Curling

Swiss bliss at world championship

Switzerland's Alina Patz defeated Canada's Jennifer Jones 5-3 Sunday to claim the gold medal at the world women's curling championship in Sapporo, Japan.

Ahead by a point in the 10th end, the Swiss sealed the win with another single point on their last rock.

Canada leads all countries with 15 gold medals and 32 podium appearances at the world championship since 1979.

THE CANADIAN PRESS

PGA

Every rallies for repeat Bay Hill win

Matt Every won the Arnold Palmer Invitational for the second straight year, making an 18-foot birdie putt on the 18th hole at Bay Hill to beat Henrik Stenson and earn another trip back to the Masters.

Every came from three shots behind Sunday with a 6-under 66.

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Bruins cast aside in Tampa

J.T. Brown and Anton Stralman scored 15 seconds apart soon after Tampa Bay captain Steven Stamkos got into a fight, and the Lightning stopped a 10-game losing streak against the Boston Bruins with a 5-3 victory Sunday in Tampa, Fla. MIKE CARLSON/THE ASSOCIATED PRESS

Red card shakes Anfield

Premier League. Liverpool's Gerrard sent off after 32 seconds, Mata's brace leads United to derby victory

Liverpool midfielder Steven Gerrard is shown a red card by referee Martin Atkinson on Sunday at Anfield. PAUL ELLIS/AFP/GETTY IMAGES

A moment of madness from Liverpool captain Steven Gerrard and a two-goal burst from Juan Mata made it a day to savour for Manchester United. And as United's return to the Champions League moved a step closer, Chelsea maintained its pursuit of the Premier League title with a slender win at Hull on Sunday.

United was already leading at Anfield when Gerrard produced a red-card stamp only 32 seconds after coming off the bench at the start of the second half. Even with a man-advantage, United was made to fight for its 2-1 victory. Mata added to his first-half goal with a scissor-kick and Liverpool threatened a comeback after striker Daniel Sturridge scored.

But United held on to pull five points clear of Liverpool to consolidate its grip on the fourth and final Champions League qualification place, prompting a swift apology from Gerrard.

"I have let my teammates and manager down today," Gerrard said of his stamp on Ander Herrera. "Even more importantly, I let all the supporters down."

Last season those fans were dreaming of the title before Liverpool finished runners-up, but now it's a fight for fourth. They're now five points back of No. 4 United. At the top, Chelsea remains six points ahead of Manchester City with a game in hand after edging Hull 3-2.

Hull stayed three points above the relegation zone, but Queens Park Rangers moved closer to the drop with a 2-1 loss to Everton after Aaron Lennon's winner.

Heading into the international break, Man United will now be looking upward in this season of recovery under Louis van Gaal, with City only two points ahead in second place and a Manchester derby to come on April 12 at Old Trafford. THE ASSOCIATED PRESS

Around Europe on Sunday

- **In Germany.** Bayern Munich had a rare home loss after a poor display from 'keeper Manuel Neuer helped Borussia Moenchengladbach to a 2-0 win.
- **In Italy.** Carlos Tevez scored again to help Juventus beat Genoa 1-0 in Serie A and maintain its 14-point advantage over Roma.
- **In France.** Michy Batshuayi enhanced his growing reputation with two more goals as third-place Marseille thumped Lens 4-0 to pull within two points of Ligue 1 leader Paris Saint-Germain.
- **In Spain.** Barcelona opened up a four-point gap over Real Madrid after Luis Suarez's 56th-minute goal helped the Catalan club to a 2-1 win over their La Liga arch rivals.

NHL. Desperate Kings look to Richards for spark

The Los Angeles Kings recalled Mike Richards from their AHL affiliate on Sunday, two months after the high-profile demotion of the $69-million centre.

The defending Stanley Cup champions added the veteran to their low-scoring lineup before opening a five-game East Coast road trip with their playoff hopes in the balance.

After three losses in their past four games, the Kings (34-23-14) sit two points behind Calgary for third place in the Pacific Division when they visit the New Jersey Devils on Monday night. THE ASSOCIATED PRESS

Mike Richards had just five goals and 10 assists in 47 games in his first stint with the Kings this season. GETTY IMAGES

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Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Make sure you know what you are talking about because if you make things up you are sure to be found out.

♉ Taurus
April 21 - May 21
There seems to be a lot of self doubt in your mind, which is not like you. Prove you have what it takes by taking the sort of risk you would usually avoid — and be a star.

♊ Gemini
May 22 - June 21
You will find it hard to hide your emotions. Even if you keep your mouth shut your body language will give you away. That's good. Let others know you have feelings, too.

♋ Cancer
June 22 - July 23
Try not to be too aggressive even if you think it is justified, especially in money-related matters. Don't upset people whose support you may need in the near future.

♌ Leo
July 24 - Aug. 23
Go above and beyond the call of duty. Your efforts will be rewarded in the long-term and you will feel good about yourself right now.

♍ Virgo
Aug. 24 - Sept. 23
You may feel trapped by certain obligations, but now you must keep them. If you don't, your reputation could suffer damage it takes many months to repair.

♎ Libra
Sept. 24 - Oct. 23
Your head may be full of big ideas but this is not a good time to push too hard. You will achieve more in the long term if you go with the flow.

♏ Scorpio
Oct. 24 - Nov. 22
Everyone seems to know what is best for you. And everyone is wrong. Only you can decide on your next move. Make it a bold one.

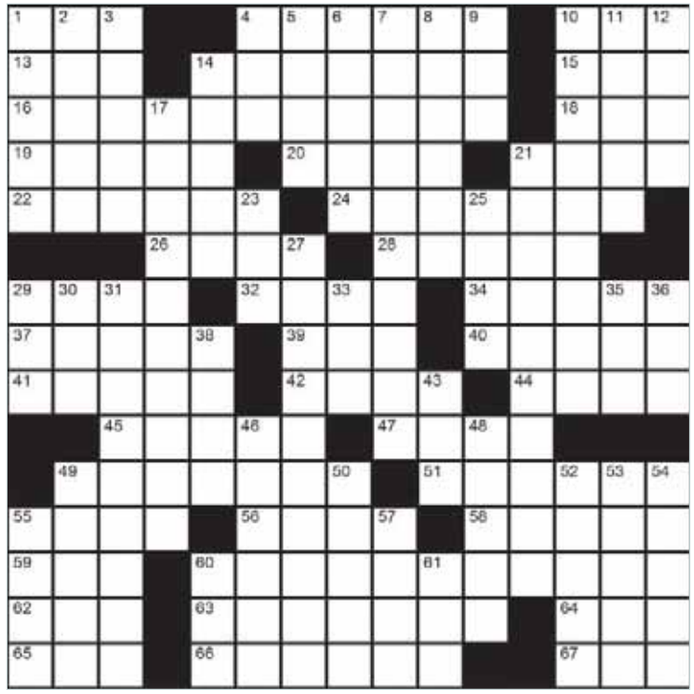
♐ Sagittarius
Nov. 23 - Dec. 21
Something you say may hurt a friend's feelings but don't worry about it because they are not as weak as they like to make out. Call it as you see it.

♑ Capricorn
Dec. 22 - Jan. 20
You like to prove yourself but don't upset people in positions of authority over the next 24 hours — the results could be painful.

♒ Aquarius
Jan. 21 - Feb. 19
You may be adventurous by nature but try not to expose yourself to situations that could become difficult, or even dangerous.

♓ Pisces
Feb. 20 - March 20
The universe wants you to throw caution to the wind and do something that takes everyone by surprise. Sometimes others doubt you will ever be dynamic enough to succeed — but you're about to prove them wrong.

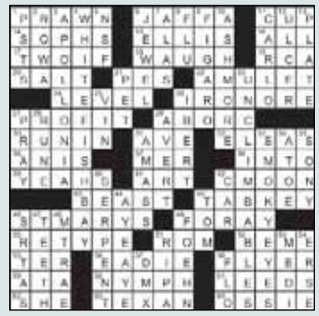
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Internet hookup letters
4. Wild canine
10. 'Most Wanted' org.
13. "Take __, _ insist."
14. Paul __, The Poseidon Adventure novelist
15. Permit
16. NCC = Nature __ of Canada
18. Unwell
19. Too snug
20. Military assistant
21. Recount
22. Skedaddles
24. Pierre Trudeau would stylishly wear one in his lapel: 2 wds.
26. Observer
28. Raises
29. Ladder step
32. Pulls the car
34. Young salmon
37. "We're on _ __ to nowhere." — Talking Heads
39. Texter's giggle
40. Ms. Hunt
41. Verdi opera, La __ del destino
42. Some jeans
44. Ouis opposites
45. Sad tune
47. Mon., on Tues.
49. Acknowledge, perhaps after being in denial
51. Reaches a baseball base this way
55. Guzzle
56. Many
58. Not suitable
59. Deceive
60. CSA = Canadian __ __
62. Egos and __
63. Restraints
64. North or South country [abbr.]
65. Furry friend
66. Like a product with a big red tag: 2 wds.
67. 'Ear'-meaning prefix

Down
1. Word meanings bks.
2. Unflappable
3. Jargon
4. Pickles holder
5. Thomas Edison's middle name
6. Debussy's "__ de Lune"
7. Saskatchewan town southwest of Saskatoon
8. Acquiesce
9. Actress Myrna
10. Embarks on a journey, Amelia Earhart style: 2 wds.
11. "Beauty and the Beast" (1991) character
12. "__ cost you!"
14. Estelle of "The Golden Girls"
17. Music sub genre of Alt-Rock named for floor starers
21. Cape __ (New Brunswick community on the Northumberland Strait)
23. Going-together collection
25. Skin irritation
27. Products by Canadian baking brand Robin Hood: 2 wds.
29. U.K. mil. service
30. Tail-meaning prefix
31. Yellowknife's locale, en francais: Les Territoires du __-__
33. Misery
35. Canadian actor Mr. Cariou
36. Belonging to Nashville's li'l state
38. Jeanne _'__
43. Parisian possessive
46. Type of BIC writing implement: 2 wds.
48. Garden gastropods
49. Reprimand
50. ___ Sketch
52. Canadian musician, Rick __
53. Disney World attraction in Florida
54. Prefix to 'foam'
55. Movie extract
57. Cover the falcon's eyes
60. Pou __ (Vantage point)
61. All bets __ off

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

2	9	3	7	5	6	1	8	4
4	8	6	9	1	3	7	2	5
7	1	5	8	2	4	6	9	3
1	2	7	6	4	5	9	3	8
5	3	8	2	9	1	4	7	6
6	4	9	3	8	7	5	1	2
9	6	4	1	3	2	8	5	7
8	5	2	4	7	9	3	6	1
3	7	1	5	6	8	2	4	9

	4		7		8		5	
3				4				8
	7						3	
		6	2		9	4		
	2	4				5	6	
		7	4		3	2		
	5						1	
8				1				9
	1		3		2		7	

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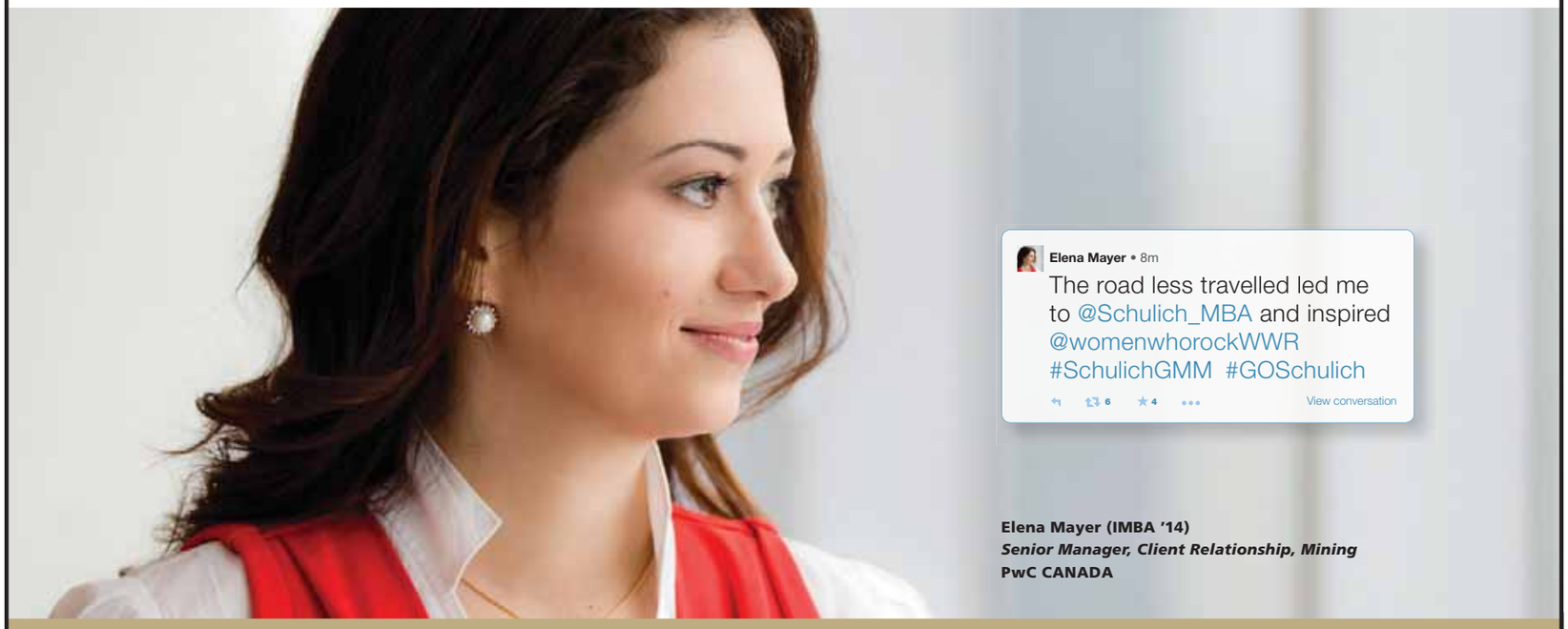
Elena Mayer • 8m
The road less travelled led me to @Schulich_MBA and inspired @womenwhorockWWR #SchulichGMM #GOSchulich
6
4
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